

Monday	Tuesday	Wednesday	Thursday	Friday
<div>APRIL 2021</div>			1 **10AM—BREAK FREE FROM TOBACCO** **12PM—MINDFULNESS FOR STRESS REDUCTION** **2:30PM—VVC YOGA** 7pm—Phone Based Yoga Nidra	2 1:30pm—Craft Kit Checkout **1:00pm—Equine Therapy**
5 **5:30—Women’s Equine Therapy** **2:30PM—WALKING CLUB** 5:30pm—Music Therapy Jam Session	6 **9AM—CAREGIVER EDUCATION CALL ** 9am—Phone Based Trauma Yoga 12pm—Caregiver Support Group **2:30PM—VVC YOGA** 5pm—Phone Based Trauma Yoga **7PM—PROJECT HEALING WATERS**	7 **1PM—PAIN 101/102** **3PM—VIRTUAL TAI CHI**	8 **10AM—BREAK FREE FROM TOBACCO** **12PM—MINDFULNESS FOR STRESS REDUCTION** **2:30PM—VVC YOGA** **4:00pm—Therapeutic Art Class 7pm—Phone Based Yoga Nidra	9 1:30pm—Craft Kit Checkout **1:00pm—Equine Therapy**
12 **4:30—Women’s Equine Therapy** **2:30PM—WALKING CLUB** 5:30pm—Music Therapy Jam Session	13 9am—Phone Based Trauma Yoga 11:30am—1pm —Mobile Food Pantry **2:30PM—VVC YOGA** 5pm—Phone Based Trauma Yoga	14 **12PM—CAREGIVER SUICIDE PREVENTION TRAINING** **3PM—VIRTUAL TAI CHI** **6PM—CAREGIVER EDUCATION CALL **	15 **10AM—BREAK FREE FROM TOBACCO** **12PM—MINDFULNESS FOR STRESS REDUCTION ** 1:30PM— Outdoor Pickleball **2:30PM—VVC YOGA** **4PM—WOMEN’S GROUP HEALTHY TEACHING KITCHEN** 7pm—Phone Based Yoga Nidra	16 10am—Caregivers Stress Call-in 1:30pm—Craft Kit Checkout **1:00pm—Equine Therapy** 10am—Caregivers Stress Call-in
13 **2:30PM—WALKING CLUB** 5:30pm—Music Therapy Jam Session	20 9am—Phone Based Trauma Yoga 12pm—Caregiver Support Group **2:30PM—VVC YOGA** 5pm—Phone Based Trauma Yoga **7PM—PROJECT HEALING WATERS**	21 **1PM—PAIN 101/102** **1PM—INTRO TO WOODTURNING** **2PM—CAREGIVER EDUCATION CALL ** **3PM—VIRTUAL TAI CHI**	22 **10AM—BREAK FREE FROM TOBACCO** **12PM—MINDFULNESS FOR STRESS REDUCTION** 1:30PM— Outdoor Pickleball **2PM—CAREGIVER EDUCATION CALL ** **2PM—HEALTHY TEACHING KITCHEN** **2:30PM—VVC YOGA** **6:00PM—VVC Women’s Game Night 7pm—Phone Based Yoga Nidra	23 1pm—Earth Day Trash Bash 1:30pm—Craft Kit Checkout
26 4:00pm— Air Rifle Program 5:30pm—Music Therapy Jam Session	27 9am—Phone Based Trauma Yoga **2:30PM—VVC YOGA** 5pm—Phone Based Trauma Yoga	28 **1PM—PAIN 103/104** **3PM—VIRTUAL TAI CHI**	29 **10AM—BREAK FREE FROM TOBACCO** **12PM—MINDFULNESS FOR STRESS REDUCTION** 1:30pm— Outdoor Pickleball **2:30PM—VVC YOGA** 7pm—Phone Based Yoga Nidra	30 10:00am— Vets Riding to Live Bike Ride 1:30pm—Craft Kit Checkout **1:00pm—Equine Therapy**

VA Outpatient Calendar April 2021

Contact Information

- Phone Based Yoga Nidra — 1-800-767-1750, access code 24953#
- Phone Based Trauma Yoga — 1-800-767-1750, access code 79868# (9am), 90044# (5pm)
- Caregiver Education call — Call 515-699-5662 to enroll
- Caregiver's Suicide Prevention Training — Call 515-777-4098 to enroll
- Caregiver Support Group — 1-872-701-0185, access code 770675970#
- Caregiver Stress Call-in—1-404-397-1596, meeting number 1997209945#
- Virtual Tai Chi — Josh Mulder x5984 or secure message to CI-Whole Health
- Pain 101/102 and /103/104 — Jamie Erixon x3985 or secure message to CI-Whole Health
- VVC Healthy Teaching Kitchen/Women's Group Healthy Teaching Kitchen — Alexa Grant x1843 or secure message to CI-Ask a Dietitian
- VVC Yoga — Chair/Mat Yoga ,Jerra Buster x5228 or secure message to CI-Recreation Therapy
- Mindfulness for Stress Reduction — Angela Dagnachew x1540, or send secure message to CI-Whole Health
- Break Free From Tobacco—Angela Dagnachew x1540 or secure message to CI-Tobacco Cessation
- Walking Club: Location TBD. Outside, weather permitting — x4980 or secure message to CI-Recreation Therapy
- Music Therapy Jam Session, Vet Center — Secure message to CI-Recreation Therapy
- Earth Day Trash Bash — Join a group of other veterans and staff to clean up sidewalks around the VA and nearby bike trail. Secure message to CI-Recreation Therapy
- Craft Kit Checkout, Canteen area of VA — Secure message to CI-Recreation Therapy
- Project Healing Waters Virtual Fly Tying — Secure message to CI-Recreation Therapy
- Women Veterans Virtual Game/Social Night — Secure message to CI-Recreation Therapy
- Equine Therapy — 5 Week program that must commit to all 5 weeks. Contact Megan Trimble x24039 or secure message to CI-Recreation Therapy
- Pickleball Club (Outdoor court, TBD) — Secure message to CI-Recreation Therapy
- Therapeutic Art Class — Secure message to CI-Recreation Therapy
- Intro to Wood Turning (West Des Moines) — Secure message to CI-Recreation Therapy
- Air Rifle Program — Jester Park Outdoor Wellness and Recreation Center— Secure message to CI-Recreation Therapy
- Mobile Food Pantry — 11:30am—1pm at the Offsite Parking Lot, 2350 Euclid Des Moines, IA 50310. Please bring VA ID Card or DD-214

Check out the list of free and approved apps
by the VA!!!!

<https://mobile.va.gov/appstore/>

Upcoming Events

April is National Donate Life Month. Donate Life Month helps encourage Americans to [register as organ, eye and tissue donors](#) and to honor those that have saved lives through the gift of donation. Information on virtual celebrations will be posted on our Facebook page.

Strength at Home: Are you struggling with anger and conflict in your relationships? The VA's Strength at Home Program is designed to help strengthen your relationships, resolve conflicts, and prevent the escalation of arguments with a partner or spouse. If you are interested in finding out more about the program please contact Brandi Austin, LISW Strength at Home Program Coordinator 515-699-5999 x24469.

Secure message to CI-Recreation Therapy for information on the following programs:

- **GIVE Golf Program:** Whether you've golfed before or not, join other veterans to learn the various aspects of the sport, taught by PGA instructors! These classes are held once a week for 5 weeks, starting May 1st, at Warrior Run Golf Course. Clubs will be provided if you do not own a set. Please message for more information or to sign up! Also visit: <https://giveforveterans.com>
- **National Veterans Golden Age Games:** Local team of veterans age 55+ will competing in virtual/at-home events this year. Events include: Track and Field, Bowling, Basketball Freethrow, Cycling, Powerwalk and Air Rifle! Message for more information or to sign up to join our team!
- **National Veterans Creative Arts Festival:** Veterans can enter artwork, creative writing, dance, drama and musical pieces for the 2021 competition. **Entries are DUE JULY 1, 2021!!**
- **Art Display:** Veterans can apply to have an original art or creative writing piece on display at the East Entrance of the VA.
- **Horses Helping Heroes Equine Assisted Therapy** — 5 week program May 3rd, 10th, 17th, 24th, June 7th – contact Megan Trimble x24039 or secure message to CI-Recreation Therapy! to sign up
- **Veterans' Virtual Wellness Program**— Starting May 2nd, this 4 week program will give you the tools to help you reach your health goals, with our multi-disciplinary team! Weekly education sessions will be available that will include topics about exercise, nutrition, mental health, meaningful activity, etc! Sign up ASAP so you will have time to meet with the whole health coach prior to starting the program!